

Additional Thoughts on Making a Genuine Connection

Providing people with unconditional positive regard and empathy is a person-centered concept that is active, immediate and a continuous process. Through this concept, we make a maximum effort to get within and to live the attitudes expressed instead of just observing them and diagnosing them.

This creates a process in which we can get closer and closer to the consumer's meanings and feelings, developing an ever-deepening relationship based on mutual respect for and understanding of the other person.

This equals Self Actualization or becoming a whole person. Why? Because there is someone in this world who understands us. Someone who is able to feel our pain.

A person's tendency to think irrationally, to engage in self-damaging habits and intolerance is frequently exacerbated by his/her culture and family group. These automatic thought processes are highly influenced by family and social pressures.

A Holistic Approach to Support

If there is family involvement, support the consumer as part of a family in order to see these patterns

Work within the various skill domains in helping people take risks, grow and change. Prioritize where to start eg. Social/ emotional, leisure/recreation, community skills, work, health medical, financial, relationships etc.

Consider Cultural Background

Consider Medical Influences